

HEALTHIERUS SCHOOL CHALLENGE COMPARISON OF 2004 AND 2008 CRITERIA

HealthierUS School Challenge Menu Criteria—Lunch

2004 Criteria	2008 Criteria
Three different fruits and five different vegetables offered each week	<i>Five</i> different fruits offered each week (minimum ¼ cup serving). Keep existing criteria for vegetables (minimum ¼ cup serving).
Dark green or orange vegetable or fruit offered three or more times per week	Dark green and/or orange vegetables (not fruits) offered 3 or more days/week (minimum ¼ cup serving).
Gold: Fresh fruits or raw vegetables offered every day of the week Silver/ Bronze: Fresh fruits or raw vegetables offered three or more days of the week.	For Gold, 2 fruits must be fresh/week. For Silver/Bronze, 1 fruit must be fresh/week. There is no requirement for fresh vegetables.
Good source of Vitamin C offered each day.	This requirement has been eliminated.
Four different entrees or meat/meat alternates are offered throughout each week.	This requirement has been eliminated.
Cooked dry beans or peas (legumes)—one or more servings offered each week.	Keep Existing Criteria.
Gold: Whole-grain foods offered every day of the week. Silver/Bronze: Whole-grain foods offered three or more times a week.	For Gold, at least one grains/bread <i>serving</i> of a whole grain food offered each day. For Silver/Bronze, at least one grains/bread <i>serving</i> of a whole grain food offered 3 or more times per week.
Two or more sources of iron offered daily	This requirement has been eliminated.
Low-fat (1% or less) and/or fat-free (skim) milk offered daily.	Only low-fat (1% or less) or fat-free milk offered daily.

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Competitive Foods/A La Carter/Second Servings

Food or Beverage	2004 Criteria	2008 Criteria
General Requirements	<p>Silver/Bronze During meal periods in the foodservice area, the school does not sell/serve any food or beverage in competition with reimbursable meals. OR During meal periods in the foodservice area, all the foods and beverages the school sells/serves in competition with reimbursable meals, meet the criteria specified in the instructions.</p> <p>Gold: Throughout the school day (including meal periods) and throughout the school campus, the school does not sell/serve any food or beverage other than reimbursable meals. OR Throughout the school day (including meal periods) and throughout the school campus, all the foods and beverages the school sells/serves other than reimbursable meals, meet the criteria specified in the instructions.</p>	Keep Existing Criteria.
Total Fat	≤35% of calories from total fat, excluding nuts, seeds, and nut butters	Keep Existing Criteria. Reduced fat cheese is exempt.
Trans Fat	No Existing Criteria	"Trans fat-free" less than .5 g <i>trans</i> fat per serving.
Saturated Fat	≤10% of calories from saturated fat	<10% of calories from saturated fat Reduced fat cheese is exempt.

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Sugar	≤35% of weight from sugar (includes naturally occurring and added sugars) F/V are exempt.	Keep Existing Criteria
Sodium	No Existing Criteria	<i>Gold Award of Distinction:</i> <200 mg per non-entree <480 per entree <i>Gold/Silver/Bronze:</i> ≤480 mg per non-entree serving ≤600 mg per entree serving
Portion Sizes	Not to exceed the serving size of the food served in the NSLP/SBP; for other sales, the item package or container is not to exceed 200 calories	Keep Existing Criteria
Fruits and Non-Fried Vegetables	Fruits and vegetables may be fresh, frozen, canned, or dried, and they must be found in Chapter 2 of the Food Buying Guide for Child Nutrition Programs. Contact USDA regional office for exceptions.	Keep Existing Criteria
Milk	Reduced fat (2%), low-fat (1% or less) and/or fat-free (skim) milk meeting State and local standards for pasteurized milk and/or USDA approved alternative dairy beverages.	Only low-fat (1% or less) or fat-free milk meeting State and local standards for pasteurized milk and/or USDA approved alternative dairy beverages.
Milk serving sizes	No Existing Criteria	Establish 8-ounce serving limit on milk
Other Approved Beverages	100% full strength fruit and vegetable juices; and water (non-flavored, non-sweetened, and non-carbonated)	100% full strength fruit and vegetable juices <i>no sweeteners or non-nutritive sweeteners</i> ; and water (non-flavored, non-sweetened, non-carbonated, non-caffeinated, and no non-nutritive sweeteners).
Juice serving size	No Existing Criteria	Establish 6-ounce limit on 100% juices.

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Additional Criteria		
	2004 Criteria	2008 Criteria
Wellness Policy	No Existing Criteria	Schools must submit a copy of their wellness policy to accompany the HUSSC application.
Fundraising	No Existing Criteria	Primarily non-food items should be sold through school fundraising activities. However, if food items are sold during the school day, they must meet the guidelines for competitive foods.
Physical Activity	Physical education classes or the equivalent must be provided on a regularly scheduled basis each school week during the entire school year.	<p>Provide structured physical education: <i>Gold Award of Distinction</i>: minimum average 150 min/week throughout the school year.</p> <p>Gold: minimum average of 90 min/week throughout the school year. Silver/Bronze: minimum average of 45 min/week throughout the school year.</p> <p>And for all awards: Provide daily opportunities for unstructured physical activity for all children. School demonstrates a commitment to neither deny nor require physical activity as punishment.</p>
Nutrition Education	Nutrition education is provided to students in multiple grades and is provided for at least half but no fewer than two of the	<p>Keep Existing Criteria <i>Plus</i>:</p> <p>School demonstrates a commitment to</p>

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	grade levels, is part of a structured and systematic unit of instruction, and involves multiple channels of communication.	prohibit the use of food as a reward.
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